



Free Youth and Children's Courses

Our free online and in-person courses help children and young people understand and manage their emotions better, so they can handle life's changes more easily.

Proud to be part of

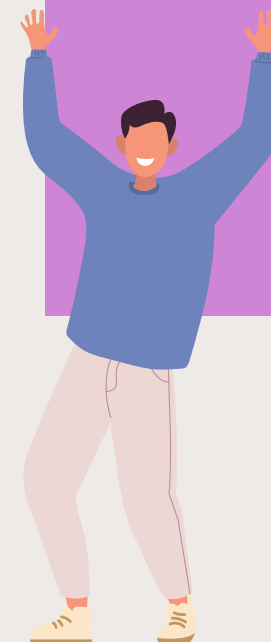
**Family Hub
Network**
Buckinghamshire



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MOVING UP TO SECONDARY SCHOOL FOR YEAR 6'S

- Explores what to expect at secondary school.
- Learn skills to make friends, deal with peer pressure and address any worries about the move.
- Practical tips about getting organised.



HOW TO BUILD CONFIDENCE AND SELF- ESTEEM

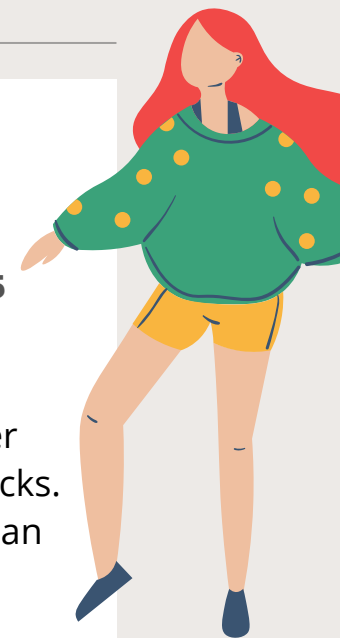
11 TO 19 YEAR OLDS (UP TO 25
WITH SEND)

- Explore ways to increase confidence and self-esteem.
- How to deal with peer pressure and setbacks.
- Explores how the online world affects self-esteem.

HOW TO COPE WITH STRESS, ANXIETY AND LOW MOOD

11 TO 19 YEAR OLDS (UP TO 25
WITH SEND)

- Introduces creative strategies to feel better and to deal with setbacks.
- Helps young people plan for a brighter future.



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